

Pleasantries

Reading Senior Newsletter

Mailed to all seniors in February, June, and October www.readingma.gov/elder

September 2009

Elder / Human Services

16 Lowell St. 781-942-6608 Fax 781-942-9071

Senior Center

49 Pleasant St. 781-942-6794 Fax 781-942-9034 Mon.- Fri. 8:30 - 4:00 p.m.

Administrator

Dawn Folopoulos 781-942-6658

Clerk

Ann Gentile 781-942-6608

Nurse Advocate

Dianne Luther, RN 781-608-5271

Senior Center Coordinator

Sharon Thomas 781-942-6796

Social Worker

Marie Ammer, LCSW 781-942-6659

Van Driver

Pat Boyd

Council on Aging

Stacey Bertocchi, Chrmn. Sally Hoyt, Vice Chrmn. Steve Oston, Sec'y Marguerite Bosnian Erica Deane Margaret Havey George Lonergan Gina Nelson Carol Oniskey Carole Scrima

Annual Health Fair

Mon., Sept. 28 10:00 a.m. - 1:00 p.m.



Free Screenings for bone density, blood sugar, and blood pressure. Enjoy a free relaxing massage, learn about your community resources, and win a Free raffle prize! Light refreshments too!

Sponsored by Hallmark Health Visiting Nurse Association and Hospice, Hallmark Health Medical Center of Reading.

IMPORTANT SYMBOLS



Registration Required 781-942-6794



→ Free Transportation 781-942-6794



→ Medical Transportation 781-942-6608 (Free)

*Please call by noon at least two days before the event.

*Cancellations after 4 p.m. - leave a message at 781-942-6608.



Reservations for Sent. programs start August 27th

Call between 9 a.m. - 12:00 p.m. Monday - Friday

SPECIAL EVENTS AND PRESENTATIONS

Labor Day Special Lunch Tues., Sept. 1 - noon - 1:30 p.m. Great Rm. Wow! Doo Wop, Louie Armstrong and a singa-long. Join us for the live entertainment of the Senior Tones! Suggested donation for lunch is \$1.50. Reserve a space ASAP.

Happy National Grandparents Day - September 13th

Fix-it and Lamp Repair Shop - Open for Business. Tues., Sept. 8 - 11:00 a.m. - 4:00 p.m. If you have a small appliance, a lamp, or a small item of furniture that needs repair, please leave it at the Senior Center reception desk with a note to the volunteer advising what needs to be done, and your name and phone number. Your cost is for parts only. and the volunteer will call you when your item is ready.

Memoir Writing Group

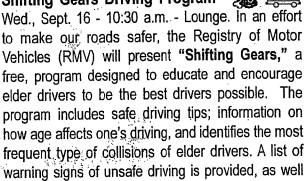


Mon., Sept. 21 - Nov. 16 - 10:00 a.m. Game Room. Are your children begging you to "write it down"? It's important for you to remember and document the story of your life. If you like to write - or want to try - then consider joining this writing group. The group will meet once a week for 2 hours. The cost is \$5 per week or 8 weeks for \$35. Class is limited to 10 participants. Registration required by calling 781-942-6794.

Newcomers' Coffee

Fri., Sept. 18 - 9:30 a.m. Great Rm. Join us at the Senior Center for an informal coffee time and tour of our facility. This is a great opportunity to learn what we do and how you can become part of our community. No Registration required. Just ask for Sharon.

Shifting Gears Driving Program





as information on how to obtain a disability placard. Ways to preserve one's independence without a license are also discussed. Portions

of the program have been featured on TV and in several newspapers. The program even received the Outstanding Public Service Safety Award. Don't miss out. Sign up today! Plan to stay for lunch too! Lunch reservations can be made at least 2 days in advance by calling 781-942-6794.

Roberta - Our Hairdresser



Mon., Sept. 21 - 9:30 - 1:00 p.m. Arts & Crafts Rm. Both men and women can have their hair cut for \$13. Call 781-245-6605 for appointment.

Birthday Lunch



Mon., Sept. 21 - noon. Great Rm. Birthdays are good for you; the more you have, the longer you live. If you have a birthday in September, tell the receptionist when you reserve. Your meal is free, and we have a gift for you. Suggested donation for everyone else is \$1.50.

Intermediate Bridge Instruction



Thurs., Sept., 24 - 1:00 p.m. - Game Rm. Brush up your bridge skills with an 8-week Intermediate Bridge class at the Senior Center Game Rm. Classes meet Thursdays from 1-3 pm, starting September 24. See page 7 for details. *Transportation is available for those who come to lunch.

Trip to the Library



Mon., Sept. 28 - 9:00 a.m. The van is available to drive people to and from the Reading Public Library. Meet with friends, check out a best selling novel. borrow a DVD, or use the computers - it's all happening at the Library.

Lunch & Trivia



Wed., Sept. 30 - noon - 1:00 p.m. Great Rm. If you haven't come to one of our lunch & trivia events, you are missing out on a lot of fun. Put on your thinking cap and join us. We will have a variety of questions from history, entertainment, superstitions, and more. You could win a gift certificate to a local business. Suggested donation is \$1.50.

Lunch is Served - Meet Your Neighbors



Join us at noon every weekday (except Holidays) for a terrific meal, good conversation and occasional live entertainment. Lunch is sponsored by Mystic Valley Elder Services. Although there is no cost for the meal, it is suggested that senior guests make a donation of \$1.50 (Under 60, \$2.50), To make a reservation, call 781-942-6794 at least 2 days in advance.

WORD PUZZLE

You need to think literally to solve this puzzle.

Tai Chi - Classes resume Sept. 14.

Mon., 2:00 p.m. - Great Rm. \$50/13 classes or \$5/class

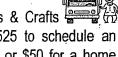
Motion to Music - Total Body Workout with aerobics, weight training, and stretching. Tues. & Thurs., 9:00 - 10:00 a.m. Great Rm. \$15/month: Drop-ins \$3/session.

B.E.S.T - Balance, Energy, Strength Training Fri., 9:00 a.m. - Lounge. \$2/session.



Yoga - Classes resume Sept. 9. Wed., 9:00 a.m. - Game Rm. \$5/class

Podiatry Clinic



Thurs. Sept. 3 - 9:00 a.m. - 1:00 p.m. - Arts & Crafts Rm. Call Dr. Connolly directly at 781-438-2525 to schedule an appt. The cost is \$30 for a senior center visit or \$50 for a home visit. The van is available noon - 1:45 p.m. only.

SHINE Counseling

MVES' SHINE volunteer will be available to assist you with questions

about health insurance options. Insurance can be very confusing and no question is too silly. SHINE counselors are available to serve all Medicare beneficiaries regardless of age. Call for an appointment 781-942-6608. What you don't know can cost you.



Blood Pressure Screenings & Immunizations

2nd Fri. Senior Center 10:15 a.m. - 11:15 p.m. (Sponsored by Walgreens) Game Room. Reading Health Division's Public Health Nurse is available for blood pressure checks and general wellness questions. This is a great opportunity to keep an eye on your blood pressure and talk to the nurse about methods to keep it in a healthy range.

		J., t . O			
2n	d Thurs:	Tannerville	. 10:30	- 11:30	a.m.
2n	d Thurs:	Cedar Glen	. 11:40	- 12:30	p.m.
3rc	I Thurs:	Peter Sanborn	. 10:30	- 11:30	a.m.
4th	Thurs:	Senior Center @	<u>≥</u> 11:00	- 12:15	p.m.
Call Dina, PHN, for more information 781-942-6656.					

ANNOUNG:MENIS

Receive the Pleasantries via Email - Free

Would you like to receive a monthly email of upcoming Senior Center events? You can sign up at http://readingma.virtualtownhall.net/subscriber. If you have difficulty, please contact Dawn at 781-942-6658 or dawn@ci.reading.ma.us. She will be glad to help you.

Have you heard about ReadingCares?

ReadingCares promotes and supports volunteerism in our community through a variety of activities. It serves as a clearinghouse, matching volunteer needs to individuals or groups seeking volunteer opportunities. ReadingCares also sponsors initiatives, such as food drives and bicycle recycling, to answer specific needs in the community. If you would like to volunteer, or need helpers, or have an idea you would like to discuss, please visit them at www.readingcares.org, email them at info@readingcares.org or call 781-942-6658.

You Can't Take it With You There is an acute shortage of organs in Massachusetts. Please consider being a donor. The easiest way to register as a donor is to contact the Massachusetts Registry of Motor Vehicles at http://www.mass.gov/rmv or call 617-727-3600. It only takes a few minutes but can mean the difference between life and death for someone on the transplant waitlist.

Married 50 or More Years? If you have been married for 50 years are more and you have an unusual story about how you met, the Reading Advocate Newspaper would love to do a newspaper story about you and your spouse. If you are interested, call Dawn at 781-942-6658 for details.

Volunteer For Money Management! Mystic Valley Elder Services (MVES) is seeking new volunteers for its Money Management Program, a program that pairs a volunteer with an older adult who needs help with bill paying and other routine financial tasks. Money manager volunteers meet with an elder once a month to assist with tasks like helping to write checks, balancing checkbooks, establishing a budget, interpreting statements, and sorting mail. Training will be provided. Please call MVES' Larry Poirier at 781-324-7705 ext. 333 to learn more.

Over 55? Out of Work? Get some stimulus-funded job training with Operation Able! Receive: 1) paid on-the-job training to update your skills, 2) current job experience for your résumé, and 3) job search assistance. Eligibility criteria: -resident of Middlesex County, currently unemployed, meet income guidelines and be committed to finding a job. Call 617-542-4180, x121.

"Our Friends" Board in The Great Room You are welcome to post news (hospital stay, obituaries, grandchildren's accomplishments, etc.) about yourself or another Senior Center participant.

Your Driver's License and Placard

Be aware the RMV is no longer sending out license renewal reminders. You are permitted to renew up to 12 months early. Placard renewals reminders will still come in the mail, but keep in mind that it is illegal to drive with your placard in the window.



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> John B. Douglass John B. Douglass II

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617-254-4545

2009 Pleasantries Subscriptions If you would like to receive our monthly newsletter by mail, please send a check for \$2.50 to Elder Services, 16 Lowell St., Reading, Consider a gift subscription for a neighbor or friend. We will notify the receiver of your kindness.

Van Service The van will be off the road for maintenance on Sept. 14th.

Council on Aging Meeting

Mon., Sept. 14 - 6:30 p.m. Senior Center Game Rm.

Do you need a ride to a medical appointment?

You may be eligible for no cost or low cost transportation to and from medical appointments if your income does not exceed specific guidelines. The Reading Response Medical transportation program is available Monday thru Friday. Don't wait until you need a ride. Request an application today by calling Elder/Human Services at 781-942-6608. Funding provided by the Hospital Trust Fund.

Do you love to play the piano but need a place to practice? You are welcome to come to the Reading Senior Center on Tuesdays, Wednesdays and Thursdays from 3:00 - 4:00 p.m. and use the piano in the Great Rm.

Community Puzzle Go to the puzzle room on the second floor and help solve the puzzle!

Shred-ditt Because we care about the safety of your personal information, we I have set up a document shredder on _____ the lower level. Papers to shred would



include ones that have your social security and/or credit card numbers. The process is very easy, and directions are located near the shredder. Please do not bring envelopes or labels to shred as they will gum up and damage the shredder.

◇◇◇◇◇◇ WISH LIST ◇◇◇◇

- Small new basic household tool kit.
- · Tall leaf bags for the paper shredder
- Small paper plates
- Donations towards the purchase of a High Definition big screen TV for the lounge are being accepted.

Please mail your donation to Elder Services, 16 Lowell St. Reading. Unless otherwise requested, all donors will be acknowledged in the next Pleasantries.

LEND A HAND - VOLUNTEER

Scuttlebutt Coordinator - needed to coordinate monthly meetings by selecting a program (film, speaker, discussion topic, etc.) and facilitating discussions about programs or members' personal wartime experiences. 3 hours per month.

Receptionists - needed to welcome visitors to the Senior Center, provide information about programs, answer the phone, and take reservations. 3 or 4 hour shifts once a week.

Shopping Assistants - needed to grocery shop for a homebound senior. One hour each week.

Friendly Visitors - needed to visit Reading elders for one hour each week.

Medical Escorts - needed to drive Reading elders to medical appointments. Flexible schedules.

To inquire, call Dawn at 781-942-6658.

Walmart

Tues. Sept. 8 & Mon. Sept. 21 - Noon.

Downtown Errands for Everyone

Includes: CVS, Banking, Rite Aid, Post Office and area stores. Tues., Sept. 1 & Sept. 15 - Noon.

Stop&Shop/Market Basket

Community Shopping (seniors in private home) - Wed. 12:00 p.m. & Thurs. 11:30 a.m.

Cedar Glen - Wed. 8:40 a.m.

Tannerville - Fri. 9:00 a.m.

SENIOR GROUPS

Low Vision Group

Wed., Sept. 9 - 10:00 a.m. Lounge. The speaker will be Debbie Smith from Perkins School for the Blind. Plan to stay for lunch. Call at least 2 days in advance to make a lunch reservation.

Alzheimer's/Memory Loss Caregivers' Group

Thurs., Sept. 10 & 24 - 1:30 p.m. Lounge. Reading Elder/Human Services is offering a series of support sessions for caregivers of people with memory loss. Participation is open to anyone currently living with a person who suffers from Alzheimer's disease and/or dementia. If you are interested in attending, please contact Marie Ammer, Reading's Social Worker at 781-942-6659.prior to attending.









Not Too Stuffy Book Group

Thurs., Sept. 17 - 1:00 p.m. - Lounge. The Last Lecture by Randy Pausch has been selected for September. Copies of the book are available at the Senior Center reception desk or at the Library.

Breakfast Out Club



Mon., Sept. 21 - 9:30 - 10:30 a.m. Let's meet at Christopher's on Main St. Be sure to reserve with the receptionist (even if you don't need transportation), so we can let them know how many are coming.

Scuttlebutt

Thurs., Sept. 24 - 9:30 - 11:15 a.m. Lounge. Join us for a film entitled Suicide Mission: Ball Turret Gunners. Scuttlebutt is a group of veterans that gather once a month to enjoy a movie or speaker and lively discussion. All veterans are welcome to attend. If you have any questions, please call Dawn at 781-942-6658. If you plan to stay for lunch, please call anytime before Sept. 22 to reserve a place: 781-942-6794.

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Computer Classes



Learn to use email, send pictures, or use the internet to look up your ancestors, medical conditions, vacation spots, news, anything. And it's all FREE too!

Tues. Sessions 9:00 - 10:00 a.m.

with instructor Dick - resumes Sept. 15

Tues. Sessions 10:00 - 11:00 a.m.

with instructor Dick - resumes Sept. 15

Wed. Sessions 10:30 - 11:30 a.m.

with instructor John - resumes Sept. 16

Klickity Klack Group



Every Wed., 9:30 - 11:00 a.m. - Arts & Crafts Rm. Come join this drop-in group to knit and crochet. Make a hat, sweater or afghan to donate to those in need or for your own use. All levels of expertise are invited. Donations of needles, yarns and patterns are always welcome to use or share.

Quiltina

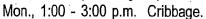
Wed. Sept. 9 & 23 - 1:00 - 3:00 p.m. Arts & Crafts Rm. New folks are welcome. Come visit a class to see if it may be something you'd like. Very interesting intermediate skill instruction provided by Jane Norberg. This session classes will meet 9/9, 9/23,10/7,10/24,11/4,11/18, \$50/session. Class size is limited. Call Edwina 781-

944-6398 for more information.

Thank You To: Douglass Funeral Home for six magazine subscription renewals , menty

RECREMENT

Games People Play



Tues. & Thurs., 1:00 - 3:00 p.m., Bingo.

(Sep. 1st 1:30 - 2:40 p.m.)

Wed., 10:00 - 11:15 a.m. Billiards (No transportation).

Billard table is available for use M-F: 9:00- 4:00 p.m. Fri., 1:00 - 3:00 p.m. Chess (No transportation).

Fri., 1:15 - 3:45 p.m. Party Bridge (No transportation) Cost is \$1.00 To Play. Maximum of 32 players for bridge.

Practice Bridge

Tues., 1:00 - 3:00 p.m. Game Rm. Come practice your bridge game in a non-threatening atmosphere. Let's help one another hone our skills while having fun and laughs.

Bridge Classes from Reading Community Education



Brush up your bridge skills with an 8-week Intermediate Bridge class at the Senior Center Game Rm. Classes meet Thursdays from 1-3 pm, starting September 24; \$40 for seniors or \$50 for non-seniors. Enrollment forms available at the Senior Center in late August. This class is offered in conjunction with Reading Community Education. In addition to this daytime class, many evening classes are available from Reading Community Education, covering such topics as Beginning Italian, Beginning Portuguese. Genealogy, Natural Digestive Health, and Getting Orga-

nized. For more information, look through the Fall Catalog.

which will be mailed to homes in late August. Everyone

is invited to the Reading Community Education Open

House on Wednesday, September 9, from 7:30-8:30

pm at Reading Memorial High School. *Transportation

is available for those who come to lunch.

Movies, Movies, Movies Tues., Sept. 8 Casablanca Tues., Sept. 15Flicka Mon., Sept. 21...... Roman Holiday Mon., Sept. 28...... National Treasure

Movies start at 12:45 p.m. Lounge. Movies are sponsored by Wingate of Reading. Movie descriptions are posted on the senior center bulletin board. Plan to stay after and play critic.

Congratulations to:

Bridge winners for July: Henry Porter, Ethie Mangelinckx, Louise Hart and Natalie Perino

Trivia winners for July: Betty York, John D'Angelo and Bill

Bingo winners for July: Millie Powers, Bill Sullivan, Eva Hakanson, Johanna Bisschop, Pauline Teixeira, Bill Towne, Agnes George and Eleanor Terenzi

Watch For More Opportunities To Win Gift Certificates!!

WORD PUZZLE ANSWER

PAGE 2 - Reducing Stress

(d: | | (d: | /)

Bring your questions and concerns.

Congressman Tierney's Office

Thurs., Sept. 3 - 10:15 a.m. Great Rm.

Selectman Steve Goldy

Thurs., Sept. 10 - noon. Great Rm.

Meet the Town Manager

Thurs., Sept. 24 - 12:15 p.m. Great Rm.

Board of Selectmen Office Hours

Tues., Sept. 8 - 6:30 - 7:00 p.m. Town Hall Conference Rm.

Massachusetts Silver Legislator

For information relating to current legislative issues affecting Reading seniors, please call Sally Hoyt, Senate President at 781-944-1191.



SAVE THE DATE:

Weatherizing Your Home for Ultimate Savings Thurs., Oct. 15 - 10:15 a.m. Senior Center.

LIBRARY HAPPENINGS

Coffee and More - New England in Hollywood. Tues., Sept. 8 - 10:00 a.m. Reading Public Library. Author, columnist, researcher and photographer, Roger Kolb narrates an audio-visual presentation about New Englanders, past and present, who found fame and fortune in Hollywood - from Bette Davis to Meg Ryan-and beyond.





DISCLAIMER: Programs and advertisements are a resource and do not constitute an endorsement by the Town of Reading. Be a wise consumer and ask questions.

READING ELDER SERVICES

16 LOWELL STREET READING, MA 01867

> Do you realize that in about 40 years we Il have thousands of old ladies running around with tattoos and body piercings in strange places and rap music will be the Golden Oldies!